

Food No

The Newsletter of Food for People • The Food Bank for

The 24th Annual Holiday Spirit Food & Fund Drive

By Laura Hughes, Local Food Resources Coordinator



Above: A Rider with the Backcountry Horsemen of Northern California hands food donations to Food for People's Community Food Programs Coordinator Nick Gauger during last year's Cowboy Canned Food Convoy.

Right: The specially printed red-and-white donation bags for the 24th Annual Holiday Spirit Food & Fund Drive that will be inserted into the Times-Standard the week of Thanksgiving.



It's that time of year again! The holiday season is upon us, and here at Food for People we are gearing up to host our 24th Annual Holiday Spirit Food & Fund Drive. The Holiday Spirit Food & Fund Drive is our largest and most widespread food and fund drive effort of the year, spanning from early November through the end of December and engaging communities throughout Humboldt County. Almost 100 different businesses, organizations and groups participate in various food drives, fundraisers and fun special events each season. These annual efforts typically bring in

almost half of Food for People's total food drive donations for the year - more than 77,800 pounds of food last holiday season!

During this time of year, we are reminded to reflect on our blessings, and express our appreciation for what we have. As we make plans to see loved ones, enjoy special meals, share gifts and celebrate, we also know that the holiday season can be a difficult time for many of our neighbors. For low-income families in particular, providing additional meals to kids while they're home on break from

school, the expectation of buying gifts, and the pressure to provide a special holiday meal for loved ones can be especially challenging when resources are already stretched to the max.

That's where the "Holiday Spirit" comes in. We encourage you to participate in our Food & Fund Drive efforts, to help make the holidays a little easier on families who are struggling to put food on the table, and to ensure our friends and neighbors have enough to eat now and on into the winter months. There are lots of ways to get involved, so read on!

Holiday Donation Bags and Drop Sites

While out and about you may notice our food donation bags and boxes adorned with Food for People's lovely logo popping up in various grocery stores, businesses and other organizations throughout communities throughout Humboldt County. These donation sites have generously agreed to host food collection efforts for the holiday season and are listed by community on our red-and-white paper holiday donation bags. These holiday donation bags are printed each year, and

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Hunger Action Month

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SEPTEMBER IS HUNGER ACTION

#HungerHurts #HungerHeroes #HungerAction

our community and how to help. Suggestions included: Make coffee at home for a week and donate what you would have spent at a coffee shop to the food bank, write a letter to a newspaper editor about Hunger Action Month or another hunger-related issue that your community could address, and watch the 2013 documentary about hunger in America, *A Place at the Table*.

One of the things I love about 30 Ways in 30 Days is that most of the suggestions are not relegated to only that day; they can be done any day of any month and can be repeated! If you tried saving money that you would have spent on coffee for a week and felt good about giving your savings to the

food bank, consider doing it again in a few months, or every month. Tell your friends about what you did through social media and suggest and start a movement of coffee-week donations!

Writing a letter to the editor of the local paper about hunger in Humboldt County is also appropriate any month, especially as we head into the holiday season and our 24th Annual Holiday Spirit Food & Fund Drive. For low-income families struggling to get by, the additional pressure to provide a special meal and buy gifts for loved ones can be particularly overwhelming when resources are already stretched thin. With your help, Food for People can alleviate some of

that stress and give all of our community members a special meal.

This year our calendar features National Voter Registration Day because voting is an important tool in the fight against hunger. Many of the tools we use to alleviate hunger, like USDA commodities, the Summer Food Service Program, and CalFresh are funded at the federal level. These funds, and the bills that change program regulations and funding levels, are authored by and voted for by our representatives in Congress. This year the Vote to End Hunger Campaign was launched to highlight the importance of educating legislators about the issues and to encourage



Notes from the Director

By Anne Holcomb, Executive Director

An Ounce of Prevention.....

For some reason, that's a phrase I heard a lot when I was a kid. It was generally uttered by grandparents and older aunts and uncles who had lived through the Great Depression, and it usually referred to taking some sort of action today to avoid a costly fix later on down the road. As I thought about that phrase recently, I realized that that's what we do every day; we provide the healthy foods necessary to help prevent the poor health outcomes and lost opportunities that can potentially derail a lifetime of hopes and dreams. And we do it across the full age spectrum.

It starts with our Child Nutrition Programs and our goal of making sure that every child, every day, has enough to eat.

Decades of research has shown that children who do not get enough to eat fail to grow and develop normally,

are absent from school more frequently due to illness, and often experience behavioral and/or psychological problems. One of the most staggering statistics I've seen recently comes from the Center for American Progress, which reports that, "The impact of being held back a grade or more in school and high school absenteeism as a result of hunger, led to a loss of \$19.2 billion in life time earnings in 2010." So, we pay a little now or we lose a lot in the future. That is why our commitment to filling the

the summer break, and the After School Snack and Backpacks for Kids programs, both of which are celebrating their 10 year anniversaries, remains strong. Making sure our kids have access to the healthy foods they need to grow and learn represents an investment in a brighter future for our entire community.

Securing enough good quality food to stay healthy is just as important for adults who are working and/or going to school. A staggering number of college students here in Humboldt and across the nation report that they skip meals or eat more ramen noodles than they should because it's all they can afford. They express concern about the impact poor nutrition will have on an educational opportunity they have already invested in so heavily.

Working adults face similar challenges. Maintaining a heavy work schedule or taking care of a family is tough if you are not feeling well. What do you do when you can't afford to miss work (and possibly lose your job) due to illness, but you also can't afford the food you need to maintain good health? Professional success shouldn't have to hinge on something as basic as access to healthy food. That's why we pay close attention to the nutritional quality of the food we provide monthly in our pantries and why we've made it a priority to make large quantities of fresh fruits and vegetables available at our food pantries and through the seasonal free produce markets and Mobile Produce Pantry.

As we work our way up the age

ourselves every day so that we have the physical and mental stamina necessary to enjoy our later years.

The official poverty rate for seniors in Humboldt County is 17% and includes many of the older adults we serve who are living on low, fixed incomes. There is generally no give-and-take in their already stretched budgets and every penny is spoken for when it comes to keeping a roof over their heads, paying the utility bills, maintaining a car so that they can shop and get to medical appointments, and covering health care costs. Many are already dealing with medication and health care costs associated with at least one chronic ailment. If they do not have access to sufficient quantities of nutritious food, it can compromise their health, which often leads to increased rates of illness, reduced efficacy of prescribed medications and increased risk of falls due to lightheadedness. A major illness and/or injury can also trigger the need for more costly institutional care, which compromises their long term independence and can also compromise their ability to remain close to their families due to an alarming shortage of Skilled Nursing Facility beds in Humboldt County.

And the sobering fact that should make us all take notice is that

it costs about the same to feed one senior for a year as



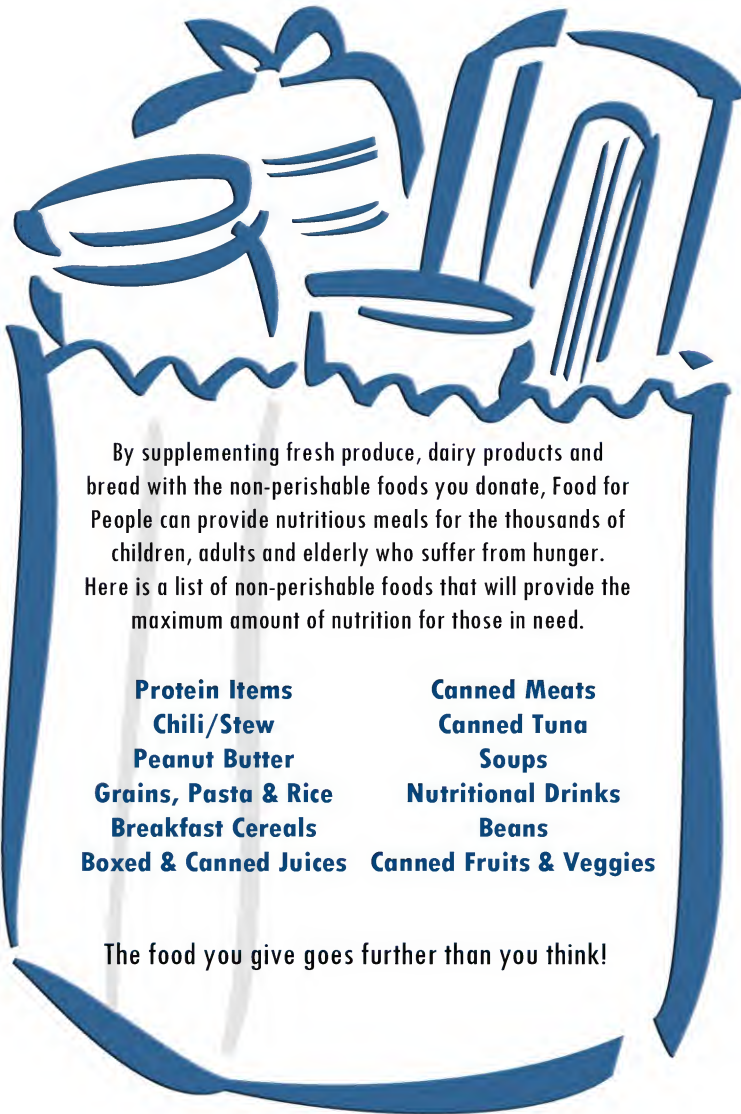
Given such a choice why *would* we do everything possible to support programs such as Senior Brown Bag, Homebound Delivery, the Commodity Supplemental Food Program and other programs in our community that serve aging citizens?

It's clear that hunger has a negative impact on people of all ages. Let's take the long view and avoid the billions of dollars in health care costs due to illness that are directly linked to hunger and food insecurity. If you can help provide the "ounce of prevention" by supporting our efforts to make healthy food available to all those who need it, we won't need the "pound of cure" in the form of soaring health care costs and the potential in the decades to come.

Thank you for partnering with us to create a stronger, healthier community for all!

With gratitude,

Anne Holcomb
Anne Holcomb ~



through the end of December. A group can put together a Hunger Fighter team and participate in the challenge. Our Hunger Fighter teams include businesses, churches, schools, civic organizations and community groups, all with their own unique approach to raising food and funds. We truly appreciate the creativity and enthusiasm of all of our participants.

inserted into the Times-Standard to be distributed the week leading up to Thanksgiving, making it easy for people to donate wherever they can. Food for People then works with our network of local pantries to coordinate regular pickups of these donations to be distributed to local households in need.

Make sure to keep an eye out for our special Holiday Food & Fund Drive donation bags in the Times-Standard during the week of Thanksgiving. You can fill these up with nutritious, nonperishable foods and bring them to your nearest drop site to donate! Didn't get a bag but you would like to donate anyway? Just let us know and we'll send you some bags, or you can visit www.foodforpeople.org for a full list of donation drop sites! We strive to ensure that donations made in a particular community stay in that community to help local residents, and we partner closely with our county-wide Pantry Network to make that happen.

Hunger Fighter Challenge!

One of our most essential components of the Holiday Spirit Food & Fund Drive is the Hunger Fighter Challenge. The Hunger Fighter Challenge is a friendly

Not only does the Hunger Fighter Challenge bring in much needed food, it is also a great way to get people involved and educate them about the reality of how hunger touches the lives of people we care about in our communities. Winning teams are featured in a TV "thank you" ad after the holidays. Last year's Challenge efforts brought in more than 77,000 pounds of food and nearly \$8,000 to help our friends and neighbors in need. If you are interested in getting involved this season, just let us know and we'll get you started. Contact

Black Friday. Cyber Monday.



Food & Fund Drive



For Holiday Spirit Food & Fund Drive Questions Contact:
Laura Hughes, Local Food Resources Coordinator
(707) 445-3166 extension 312
Lhughes@foodforpeople.org.



us in person. We might play your request! Thank you to our KHUM friends for their dedication and ongoing support!

Other Food Drives & Events

A great event for families and kids is the annual Cowboy Canned Food Convoy, which serves as the official kickoff event for Food for People's Holiday Spirit Food & Fund Drive. Each year, the Redwood Unit of the Backcountry Horsemen of California collects nonperishable food items and makes the trek on horseback across Eureka with saddle bags full of nutritious goodies that are donated to the food bank. Once they arrive, the Food for People team feeds the horses apples and carrots while their riders unload hundreds of pounds of food. Come join this year's kickoff festivities on Saturday, November 19th in Old Town, Eureka.

Local schools, colleges and universities also participate in our Holiday Spirit Food & Fund Drive through a number of efforts. For example, HSU students, faculty and administrators have partnered with Food for People for several years through a variety of activities, including hosting their own Hunger Fighter challenge on campus. And both Union Street Charter School and 6 Rivers Charter High School have also started participating in our annual efforts collecting food and fund donations.

Many other organizations and groups host smaller, independent food drives during the holidays as well. Blue Ox Millworks in Eureka puts on a holiday open house

year, where customers receive a free drink if they bring in 4 or more nonperishable food items to donate to Food for People. Would you like to host your own holiday food drive, but don't know where to begin? Just let us know and we'll give you some great ideas and resources to make the most of your efforts.

Volunteer!

Still looking for another way to help out this season? The holidays are one of Food for People's busiest times of the year, and we rely on volunteers to make everything happen. There are many ways you can help - assist shoppers in our Choice Pantry, sort food donations in our warehouse, deliver food boxes to seniors and homebound individuals, pick up food donations from drop sites, table at food drives and other special events, or a number of other possibilities. It is a wonderful way to help our neighbors in need and spread holiday cheer. If you have some time to give, please let us know, and contact our Volunteer & Direct Services Manager, Philip Anzada, at (707) 445-3166 extension 310, or at Volunteer@foodforpeople.org.

There are many ways to participate in our Holiday Spirit Food & Fund Drive this season and even more reasons to do so. This season your donations are just as important as ever. We cannot serve the people we do - more than 12,000 a month - without thousands of generous people in our community coming together to give what they can. Every can, every dollar, and every hour you donate can make a big difference

that our friends and neighbors are free from hunger not just during the holidays, but through the winter months as well. Help us build healthy, self-sufficient, hunger-free communities for ourselves, our friends, our neighbors, and our children. Food for People is certainly blessed with the wealth of caring organizations and individuals that regularly contribute to our Food & Fund Drive efforts. Every donation is important, no matter how big or small. We wish you and yours a happy, healthy holiday season. 🍀



Community Partner of the Year: Times-Standard!

By Carly Robbins, Development Director

Times Standard



Anne Holcomb, Executive Director of Food for People, with Paula Patton, Publisher of the Times-Standard, Food for People's Community Partner of the Year.

With 14 hunger relief programs that serve more than 12,000 individuals each month across Humboldt County, we at Food for People, the Food Bank for Humboldt County, know that we cannot perform all of our critical work and serve the community alone. In order to successfully serve those in need, we depend on many community partners.

One exceptional community partner is the Times-Standard, which has been an invaluable supporter of our mission for many years. This year we chose to honor the Times-Standard as our Community Partner of the Year, because of their commitment to creating positive change in the lives of those suffering from

for the last 24 years for our annual Holiday Spirit Food & Fund Drive. Each year they insert a specially printed red-and-white donation bag into the Times-Standard, Tri-City Weekly, and Redwood Times during the week of Thanksgiving. These bags encourage community members to fill them with healthy nonperishable food donations and drop them off to one of the many convenient donation drop sites listed. This service vastly increases the amount of food donations we receive during the holiday season and has helped us meet the high need for food assistance we see each year at this time. Last year's holiday food drive efforts brought in more than 77,800 pounds of food!

Backpack's for Kids weekend hunger relief program. This program helps close the gap for many local schoolchildren, to reduce the stress of weekend hunger and to help them develop into their healthiest and most successful selves. The Backpacks for Kids Program provides enrolled children with a bag of kid-friendly food on Fridays during the school year. Each bag contains enough food for breakfast, lunch, and dinner for two days. For the past two years the Times-Standard has run eight full page ads which encourage community members to donate to the Eureka Backpacks for Kids Program to ensure there are enough funds to feed each child enrolled in the program. This fundraising campaign has raised more than \$40,000 for the program over the last two years, guaranteeing its successful operation for each school year.

The support provided by the Times-Standard has allowed us to collect thousands of pounds of food each holiday season to feed those in need in our community, and has ensured local children - some of those most vulnerable to hunger - are provided for. Their involvement has made an incredibly positive impact on our ability to serve those in need in Humboldt County.

We are honored to name the Times-Standard as our Community Partner of the Year. Without community partners like the Times-Standard, we would be unable to provide our far-reaching, significant services at the high-quality of standards that we do. No one can meet the need of a community alone. We all need the support of one another to make the most meaningful impact



Donate a Frozen Turkey

During the coming season, a small gesture helps struggling families that brings the family together. The most costly parts of a holiday meal is the turkey. The community to help by donating a frozen turkey. This supplement Food for People's services. Families are able to prepare a holiday meal. For many in our community, this food also provides a frozen turkey or ham of any size.

Shop at
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Gleaning Galore!

By Laura Hughes, Local Food Resources Coordinator



Food for People's Local Food Resources Intern Liz Nagle harvests extra plums from an orchard in Fortuna.

This growing season has been a bountiful one for Food for People. In the last fiscal year, over 95,000 pounds of fresh, local food has been collected from ranchers, farmers and gardeners throughout Humboldt County – a record high for us here the food bank!

Our generous farming community has once again stepped up this season to help ensure that usable food doesn't go to waste by working with our staff to get it to the food bank and into the hands of people who can use it. Between on-farm field harvests, surplus produce pickups and drop-offs, and donations collected at local farmers' markets, Food for People has been blessed with a plethora of local produce. Deep Seeded Community Farm and Redwood Roots have been offering extra produce weekly for our staff to pick up and bring back for distribution. Other farms like Valley Flower Vegetables, Little River Farm and Trident Lightning Farm have been dropping off surplus produce at our warehouse periodically on the course of their usual delivery routes. Mad River Community Hospital Farm, Flora Organica and Warren Creek Farms have also invited us out to harvest directly from their farms on several occasions, and Willow Creek Farms donated over 2,000 pounds of carrot seconds to us in one go!

regularly to drop off donations, sometimes multiple times per week! In addition to plums, apples and pears from local fruit trees, we've also received items like figs, summer squash, tomatoes, onions, strawberries, potatoes, kale, chard, lettuce, peppers, broccoli, melons and more. We appreciate the thoughtfulness and generosity of our local gardeners who plant a little extra to help our friends and neighbors in need.

Dozens of volunteers have been hard at work through the recent months as well, gleaning farm fields, picking up leftovers from on-farm distributions and farmers' markets, and of course harvesting fruit from the trees of hundreds of local residents. Our gleaning volunteers have been working at full tilt into the fall, trying to accommodate as many requests as possible to make sure that extra food gets to those who need it. We simply couldn't do it without the generous gift of time, hard work and dedication on the part of our wonderful volunteers who make it possible to cover so much ground.

A huge thank you goes out to all our local farmers, ranchers, and gardeners who work so hard to grow food for our communities, and who keep a place in their heart for us here at the food bank and the folks we serve. Thank you

Backpacks For Kids

Backpacks for Kids is Nationwide

By Carrie Smith, Child Nutrition Programs Coordinator

Backpacks for Kids is a nation-wide weekend nutrition program for children and youth. The program started in Little Rock, Arkansas when a school nurse noticed children were coming to her on Mondays complaining of hunger-related head and stomach aches. She realized that children relying on school breakfast and lunch may have nothing to eat on Saturday and Sunday. Proper nutrition is vital to the health and development of children. A hungry child is a disadvantaged child and can't grow, develop and learn like other kids – they fall behind in virtually every way.

In Humboldt County, more than 50% of children and youth are eligible for free or reduced-price lunch at school and many live at or below the poverty line. We partner with schools, after-school programs and resource centers to help identify children at risk for hunger, who we can help with our Backpacks for Kids Program. Schools tell us that children enrolled in Backpacks for Kids no longer complain of hunger on Monday mornings and have fewer problems with concentration and behavior after participating in the program. "The children who receive the bags really look forward to it," says Peninsula Union Elementary school administrator Kathy Anderson. "They line up each Friday before loading onto the bus to get their bags with smiles on their faces." Ms. Anderson also reported that she notices better attendance when participating children are receiving weekly food.

Food for People is currently serving children at 31 schools throughout Humboldt County, as far north as Orick, east to Hoopa and Willow Creek, and South to Redway. Each Friday, participating children receive a bag of kid-friendly, easy to prepare food, packed with enough food for breakfast, lunch and dinner for two days. Foods include milk, whole wheat bread, fruit, vegetables, peanut butter, tuna, canned soups, canned beans, macaroni and cheese, oatmeal, granola bars and 100% fruit juice. Each bag of food costs roughly \$7.50. You can sponsor a child for \$30 for a month or \$265 for the entire school year. Providing good food to children helps them to grow strong bones, aids their ability to focus and behave appropriately in the classroom, increases their resistance to illness and helps prevent future diet-related health problems.

For more information, please contact Carrie Smith at Food for People (707) 445-3166 or csmith@foodforpeople.org, or check out our website at www.foodforpeople.org.



Local children receive food bags from Food for People.

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Volunteer Spotlight: Erik Smiley

By Philip Anzada, Volunteer & Direct Services Manager



Erik Smiley playing the penny whistle during a Free Produce Market in Eureka.

Erik Smiley has been a part of the Food for People family since 2013. His cheerful demeanor and "can-do" attitude are always appreciated by staff and fellow volunteers. What's especially amazing about Erik is that he doesn't let his vision impairment limit his work. Since his start, Erik has been a regular volunteer for our Senior Brown Bag Program. He works meticulously each month making calls to every senior in our program, reminding them not to miss their monthly food pick-ups. "Erik has been diligent and upbeat, and always ready for a challenge," says Nick Gauger, Community Food Programs Coordinator at Food for People.

On top of taking the lead on monthly phone calls, he can also be found sorting produce and

he hears that we need help with a task, he is ready to learn and is always the first to step up.

Erik says he likes Food for People because, "It's easy to volunteer here! I took some time away to do other things and came back and was easily accepted. The second time around they wanted more from me, and I like being asked to do more, because there is so much I can do." Recently, Erik has volunteered to play the penny whistle at one of our free monthly People's Produce Markets in Eureka. This talent has been a hit amongst our clients and volunteers and will certainly be called upon again.

Erik's eagerness for a challenge and his willingness to offer his talents make him an excellent

Welcome Philip Anzada

By Deb Waxman

Philip Anzada is returning to Food for People as Volunteer & Direct Services Manager after some time outside of the Humboldt area working in nonprofit program development and management and financial services. He brings with him several years of experience with volunteer coordination and training, both here at the food bank and for the American Red Cross. His work with the Red Cross included providing disaster preparedness and First Aid training, supervising teams of volunteers during disaster response, and managing staffing of caseworkers assigned during 2011 Joplin, Missouri tornado relief and 2012 New York City Hurricane Sandy relief. During his previous employment with Food for People, Philip introduced wonderful innovations and programs within our Volunteer Program, such as our current volunteer database that allows for easy online registration, hours tracking, and increased direct volunteer communication. He also instituted a formal internship program, in conjunction with Humboldt State University's Social Work Department, which is thriving to this day. We are proud to have him back with the Food for People team and look forward to what's ahead for his program. 🍌



I want to become a volunteer at Food for People

Call (707) 445-3166 or email volunteer@foodforpeople.org.

Name: _____ **Phone:** _____

Address: _____ **Email:** _____

City, State, Zip: _____

Clip and mail to: Food for People, 307 W 14th St



We need can o
to distribute to our

Can you

The Significance of Giving

By Edie Jessup, Food for People Board Member

It is holiday time again, and for me there is always excitement and exhaustion at this time of year. There is also a sense of commercialization of a precious time of year that makes me sad.

I am proud and privileged to be on the Board of Food for People. I have worked for years in California, nationally, and locally on reliable access to healthy food for everyone - especially those who are poor and happen to be hungry. I work to support the Locally Delicious Food Fund that raises money so that Food for People can purchase local organic food for distribution to our neighbors in need of healthy food. This Food for People program supports our local economy and the environment, and it creates food equity in Humboldt County. The community collaboration inspires my engagement with Food for People programs.

For the 12,000 clients of Food for People, the winter holidays are often sad. I consider how it must feel for a mother or father who has to send their child to bed hungry or send them off to school without a meal. As a grandmother, I weep. And this is why, especially at holiday time, I support Food for People and actively participate in their programs all year.

Humboldt County has one of the best food banks in the entire state of California. Food for People is one of the most creative at aggregating and distributing food through its Mobile Produce Pantry, 16 pantry site partners, the unique Locally Delicious farmer program, and the Gleaning Program, to name a few. In addition, Food for People's volunteer crew is amazing.

As a community, we can contribute to this work with funds or work on food drives this season. This is righteous charity and will make for a special holiday; assuring seniors, families, and friends can sit down to a healthy holiday meal.

However, for many in our community, the next morning will find them hungry again. That is why - working with Food for People - we can use our resources in a savvy way, and assure that the health of our community is a priority, - not just at the holidays - but throughout the year. So here are some ways we can plan to avoid the "Seven Deadly 'In's of Charity": Insufficiency, Inappropriateness, Inadequacy, Instability, Inaccessibility, Inefficiency, and Indignity.

*In addition to food donations, consider a monetary donation to Food for People. The food bank's purchasing power can make your gift into more food than an individual can buy alone. It stretches your contribution and moves us forward in feeding people adequately, to maintain their health.

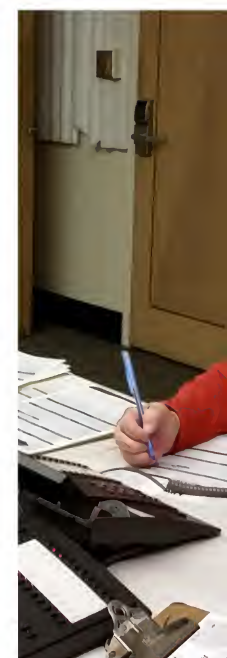
*Volunteer to help during the rest of the year at Food for People, serving clients, gleaning, sorting donations, and more. Volunteer to talk to one organization or group you belong to, and ask them to contribute by supporting Food for People programs.

*Advocate for the repair of the food system. Advocate so that the federal government invests in surplus food again, so there is adequate healthy food access. There is really plenty of food. What Food for People does is connect the plenty of food to the people who do not have plenty.

*Consider what your values call you to do to feed the hurt of hunger. We raise lots of food locally. Pledge to help make sure that it is donated, not dumped. If you eat well, you know the importance of healthy food every day.

*Join me: This year I am telling my adult children that my holiday gift to them is a donation to Food for People in their names. I am reinstating the real holiday gift and giving by investing my resources to assure that those with the least

have access to the is going to be my a substantial gift to "thing" in their liv month to month. J a true holiday gift, community. 🍁



Food for People Board Member Edie Jessup during this year's **Listeners were charged with donating \$3,200 in support of KHSU.**

Join the



FULL PLATE
partners

Because Sustained Giving

When you join the Full Plate Partners and make a monthly or quarterly donation, you will join a special group of people helping us reach out each month to provide food assistance to those in need in our community. Together, we can ensure everyone in Humboldt County has access to good quality, nutritious food, creating a healthy community for us all.

Everyone doing their part and donating a comfortable monthly amount turns into something powerful. Money

our programs. Your donations will make a direct impact locally. Thank you to all our Full Plate Partners; your commitment is making a difference and is allowing us to help where we are needed most.

It's easy to become a Full Plate Partner. Go to www.foodforpeople.org, click DONATE and choose your donation frequency. To receive envelopes to send in funds monthly or to set up a monthly credit card charge by phone, contact Carly



FULL PLATE
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I'd like to join
Please

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City, State, Zip: _____

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Monthly ☐ Quarterly ☐

Card Number: _____

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Meeting Health Needs with a Limited Income

By Heather King, CalFresh Nutrition Education Coordinator

A significant part of my job as the Nutrition Education Coordinator is what we call "outreach." Now, this is a very general term that can mean different things at different organizations. At Food for People, it means fostering a sense of caring while providing resources and education. Taking this time with folks has allowed me to learn just as much as I pass on while coordinating cooking classes, collaborating with partner organizations, assisting with CalFresh applications, and providing education at our distribution sites and events.

One such conversation was with a low-income gentleman who was not only diabetic, but had advanced heart disease. Finding affordable food that met his strict dietary requirements was extremely challenging, and he believed CalFresh and the food bank were literally helping to save his life. Most carbohydrate-rich, inexpensive foods were an automatic "no." For instance, a cup of rice exceeded his carbohydrate limit for one meal; a big plate of pasta was out of the question; and bagels were a thing of the past. Fresh vegetables and lean proteins were essential for his health, but were difficult to afford. He

said coming to the food bank for diabetic-friendly foods enabled him to get through the month. He also said modifying Paleo-style diet recipes to fit his budget helped him stay on track.

The "Paleo" diet focuses on foods people ate before grain agriculture: animal proteins, seafood, vegetables, seeds, nuts and fruits. That means a low-carb diet that excludes grains, flours, legumes, dairy, refined sugars or refined oils as much as possible.

Many in academia trace the beginnings of the Paleo Style Diet (PSD) to S. Boyd Eaton, a medical doctor, and Melvin Konnor, a professor of both Anthropology and Neuroscience and Behavioral Biology at Emory University. Eaton and Konnor concluded that for most of humanity's existence, we had thrived on whole, minimally processed foods with a wider range and level of micronutrients than those we've had since the agricultural and industrial revolutions. In addition, hunter-gatherers did not suffer from the chronic health conditions plaguing Western societies -- such as heart disease and diabetes. Their recommendations were further supported by archeological evidence on health conditions

the first farming communities suffered due to a high dependence on grains: bone deformities, interrupted growth, and dental cavities, among others.

Opponents of PSD raise concerns about the nutritional consequences of excluding grains, legumes and dairy. For instance, grains have B-vitamins, legumes offer a source of low-fat protein, and dairy gives calcium for bone development. Some studies suggest diets rich in whole grains reduce the risk of heart disease, diabetes, obesity, and some cancers.

As a nutrition educator, it is my responsibility to present clients with as many nutritious, affordable, and realistic food options as possible. At Food for People, that also means tailoring those options to foods that are available through our programs and to lower income communities. While many PSD recipes use expensive ingredients, they can be modified with the goal of reducing carbohydrates and increasing whole foods, lean proteins, vegetables, nuts, and seeds. Whatever the arguments among experts over this diet, a few essential elements are agreed upon: Americans, in general, do



eat too much processed food, too much added sugar, and not enough whole foods. Minimally processed lean proteins, fruits, vegetables, seeds, and nuts are almost always excellent options. If nothing else, Paleo Style Diet encourages us to increase the healthy foods while minimizing our sugars.

As a coordinator, it is my job to educate, but also to learn. Even in conversation with clients helps bring about understandings of

Meeting Health Needs with a Limited

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KHSU's "Wildberries Food Challenge"

By Carly Robbins, Fund Development Director

Food for People would like to thank everyone who participated in KHSU's "Wildberries Food Challenge" on the morning of September 30 kicking off KHSU's on-air pledge drive. Listeners were challenged to match Wildberries' pledge of \$3,200 in food. Generous listeners called in and met the challenge in under one hour! Pledges made to support KHSU by listeners were matched by a donation of food to Food for People from Wildberries and their partners. Special thanks to community leaders Ed Subkis and



More Than Three Million Lifted Out of Poverty, But Are We Measuring

By Heidi McHugh, Community Education and Outreach Coordinator

New data from the U.S. Census Bureau's report, [Income and Poverty in the United States: 2015] offers a slightly sunnier outlook for last year: the official poverty rate declined by 1.2 percentage points from 2014 levels. This means 3.5 million people were lifted above the federal poverty line in 2015. The Census survey of 95,000 households also showed that median household income increased for the first time since 2007, although it still remains below 2007 levels. Additionally, the number of full-time workers employed year-round increased by 2.4 million. While this is all very good news, poverty still remains unacceptably high at 13.5% (43 million Americans living in poverty). What is troubling is this data only reflects the Official Poverty Measure that has long been scrutinized for utilizing outdated cost measurements and not including the impact of programs like the Supplemental Nutrition Assistance Program (SNAP) and the Earned Income Tax Credit (EITC). **The Official Poverty Measure only includes those who live below the Federal Poverty Line versus capturing what it takes to be truly self-sufficient in this climate of high housing, healthcare, and food costs.**

The Official Poverty Measure (OPM) sets the poverty threshold at "three times the cost of a minimum food diet in 1963." The average gallon of milk cost 94 cents in 1964, today it costs \$3.41. The OPM only considers gross income and does not account for regional variations in basic costs of living, like housing. When calculating poverty rates, a household renting in New York, NY, where the median rent for a one bedroom apartment is \$3,550 per month is considered no differently than a Huntsville, AL household renting a one bedroom apartment for \$430 per month. Another dynamic not included in the OPM is the impact of federal programs that reduce poverty, like SNAP and the EITC. The problem with the absence of these programs in the official calculations of poverty is that

Thankfully, the inadequacy of the OPM is being taken seriously and the U.S. Census Bureau now calculates the Supplemental Poverty Measure (SPM) alongside the OPM. The SPM calculates income after-taxes, includes tax benefits like the EITC, includes programs like SNAP as income, and considers out-of-pocket medical expenses. The SPM adjusts for housing costs by region and family size. The SPM sets the poverty threshold as the mean of expenditures on food, clothing, shelter, and utilities. **The SPM calculates 2.2 million more Americans were living in poverty in 2015 than the OPM.** When the impacts of safety benefits are removed from the SPM calculation, poverty rates jump dramatically. Removing one item from the calculation of SPM resources (refundable tax credits such as the EITC and the refundable portion of the child tax credit) and recalculating poverty rates shows an additional 9.2 million people would have been considered poor, "all else constant" (U.S. Census Bureau, Supplemental Poverty Measure: 2015).

Whether measured as the OPM or the SPM, poverty rates are miles below the Self-Sufficiency Standard which "measures the minimum income necessary to cover all of a non-elderly (under 65-years-old) and non-disabled individual or family's basic expenses - housing, food, child care, health care, transportation, and taxes - without public or private assistance." (Insight Center for Community Economic Development). The Federal Poverty Rate (FPL) is used to determine the eligibility for the programs like SNAP, EITC, Medicaid, and subsidized childcare. A two-parent family with one child living in at 100% FPL makes \$20,090 or less per year. To live self-sufficiently in Eureka, Ca this family needs an annual income of \$57,740 (Insight Center for Community Economic Development). That is a \$37,000 leap from official poverty to self-

\$42,153, with an average of 2.46 persons per household. That is a lot of families living nowhere near self-sufficiency and yet not being considered when the government measures poverty and develops policies to address it. The California Budget and Policy center reports that, **"when California's high housing costs are factored in, a much larger share of the state's population is living in poverty: 20.6 percent under the SPM, compared to 15.0 percent under the official measure.**

Accounting for housing costs boosts California's poverty rate to the highest of any state,

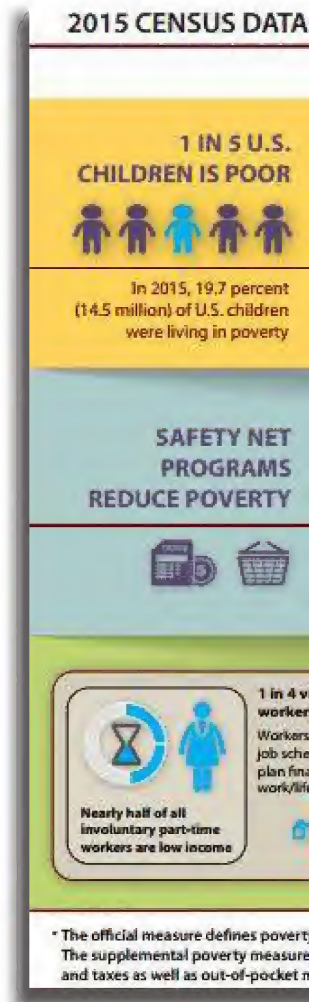
up from 17th highest under the official poverty measure." Lack of affordable housing is a problem for more than just those who qualify as "poor." Housing is considered to be affordable when it costs less than 30% of monthly household income. In Humboldt County 38% of mortgages are over 30% of household incomes. For those renting, the situation is much worse, with 8.5% of renters paying more than 30% and 51.8% of renters paying more than 35% of their incomes.

A recent Gallup Survey on behalf of the Food Research and Action Center asked respondents if there were times in the past twelve months in which they did not have enough money to buy food. Like the Census survey, a decline was seen in food hardship. But a deeper look into the survey shows great disparities between households with and without children and regions defined as metropolitan statistical areas (MSA). "As indicated in FRAC's June 2016 report, food hardship declined from 2014 to 2015. This was true for both households with children and households without children. Indeed, the rate declined more for households

children. In Washington D.C. rate for households with children is 26.6% versus 11.3% without children. When looking into race and ethnicity of the children impacted by poverty and food hardship in California, nearly one-third of black children (31 percent) lived in poverty in 2015 and the rate for Latino children was 28.5 percent. The Official Poverty Measure does little to directly address these disparities.

At Food for People we know that when basic costs of living exceed income, one of the only "flexible" budget items is food.

We serve a diverse range of community members who



Welcome Our New HSU Intern: Maria Leandro!

By Nick Gauger, Community Food Programs Coordinator

We want to give a warm welcome to Maria Leandro, our new Community Food Programs Intern. She will be with us for the 2016-2017 school year while she completes her studies in Social Work at HSU. After she completes her bachelors program, she plans to attend a Master's Program in Social Work. At Food for People,

Maria will be working with senior and homebound clients as well as the Food for People Choice Pantry. She hopes to build great relationships with clients here. We are excited to have such a passionate and kind person working and learning with us. ~



Food for People's new Social Work Intern Maria Leandro with Food for People's Community Food Programs Coordinator Nick Gauger during a senior distribution at Silvercrest Residence in Eureka.

In Memory Of

08/3/16 - 10/12/16

Amber Holcomb
Betty Murrish
Chris Wisner

"To celebrate the life of Chris Wisner. He was my first 'boss' at the Brown Bag Program, and is the reason I am still involved with Food For People. Chris was a smart, kind, compassionate man, and a great photographer. What a difference Chris made. He lives on with all of us."

Don Buchanan
E. Christain Wisner
Esther Molofsky
Jeff Liebertian
Joyce Mulligan
Lee Chapman
Lisa
Scotty Ray Turner
Susan Anderson

Tributes, Memorials, & Gifts

We would like to sincerely thank those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 12,000 people (and more) we feed each month, including children, seniors and working families in need.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite program of theirs and we'll make sure the donation goes to their program of choice. It is a great way to celebrate and/or honor the memory of someone you love.

If you v someone's or holiday, know a gene name. Just l individual s know about

We are the folks for honor or me include a ph you wish to and we will

GIVE FOR THE PEOPLE YOU LOVE.

This holiday season honor every person on your gift list. Your donation brings nutritious food to those in need in our community.

GIVE NOW

With every \$30 donation to Food for People we will send a special Holiday card to a friend or loved one you designate.



A special thanks to our printer!

Our newsletter is printed on 100% recycled paper using soy inks. All paper waste generated in the process of printing is sent directly back to the paper mill for recycling.

